

Instructions for the Fecal Occult Blood Test (FOBT)

1



Prepare the Card

1. Remove the card from the envelope. Write your name, age and address on the front of the card with a pen. Store the card in the envelope.
2. Before collecting your stool sample, write the date on section 1 of the card.

2



Collect Stool

1. Flush toilet and allow the bowl to fill.
2. Unfold the tissue paper that is in the kit and float it on the toilet bowl water. Let the edges of the paper stick to sides of the bowl. Your stool will fall on the tissue. (Note: It is fine if some water collects on the tissue.)

3



Place Stool on the Card

1. Open front of section 1. Use one of the sticks in the kit to take a small sample of the stool from the toilet. Put a **thin smear** of the stool in the “A” area of section 1.
2. With the same stick, take a second sample from a different part of the stool. Smear this sample on area “B” of the same section. Flush the tissue. Wrap the stick in toilet paper and put it in the trash.

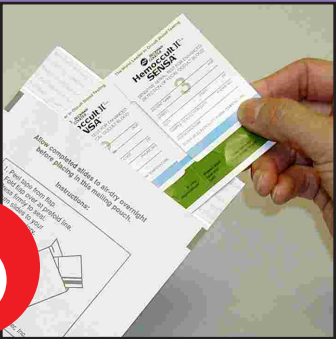
4



Close the Cover

1. To close the cover of section 1, insert the front flap under the tab.
2. Store the card in the envelope until your next bowel movement. Keep the card in a cool dark place, but **not** in the refrigerator.

5



Repeat and Mail

1. Use sections 2 and 3 for your next two bowel movements. Repeat the collection steps you used for section 1.
2. After completing the last section, let the card dry overnight in the envelope.
3. The next day, remove the card from the envelope and place in the mailing pouch. Seal the pouch carefully and mail it to your doctor or clinic. Or, you may take the card to your doctor’s office.

IMPORTANT

- Do not collect stool samples during your menstrual period (wait three days after bleeding has stopped), or while you have bleeding hemorrhoids or blood in your urine.
- If possible, do not use toilet bowl cleaners during the time you’re collecting samples. To remove bowl cleaners, flush the toilet twice before collecting samples.
- Collect samples from three bowel movements that follow each other.
- Keep collection card away from heat, light and chemicals.
- Do not reopen the cover of a section you have already completed.

Your special instructions:

If you have questions, call: _____



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